

Heart Healthy Tuna Recipes

Tuna Bean Bake

Ingredients

1 Tbsp margarine, melted
1/4 tsp seasoned salt
1 3/4 oz. condensed cream of mushroom OR cream of onion soup, undiluted
1/2 cup light sour cream
1/8 teaspoon ground thyme
16 oz. green beans, drained
6 oz. light tuna canned in water*
2 Tbsp chopped ripe olives
1 cup noodles, cooked and drained
2 cups Rice Chex cereal crushed to 1 cup*

Directions

1. Mix butter and seasoned salt.
2. Toss with Chex.
3. Set aside.
4. Stir together remaining ingredients in shallow 2 quart casserole.
5. Sprinkle cereal crumbs evenly over top.
6. Bake in 350 degree oven 20 - 25 minutes or until lightly browned and edges are bubbly.

Preparation Time: 20

Bagel Tuna Melt

Ingredients

3-4 bagels, sliced into halves
2 6-oz. cans light tuna*
1 1/2 cups shredded, reduced-fat Cheddar cheese, divided*
2 Tbsp sliced green onions
1 cup diced apple



Directions

Preheat oven to 425° F. Place bagels, cut side up, on foil-lined baking sheet. Combine tuna, 1-cup cheese, apple and onion; blend well. Evenly spread over sliced bagels. Sprinkle with remaining cheese. Bake for 6 to 8 minutes or until cheese is well melted. Makes three or four servings.

Preparation Time: 10 minutes, Cook time 6 to 8 minutes

~recipes from <http://www.chickenofthesea.com/>

*WIC approved foods